

OCTOBER, 2021

# ASHBURN TIMES

What's New?



## That Giving Spirit

On Friday, September 10th, the Ashburn Senior Center welcomed students and teachers from Brambleton Middle School to celebrate the National Day of Giving. The kids dug holes to plant bulbs, shared stories about crocheting projects while assisting in creative corner and learned that pickleball is harder than it looks!

In October, that giving spirit continues as we host a 'Community Partner Day' for the Ashburn Senior Center's first annual Fall Festival. This will be a great opportunity for our members to gather information about various services all in one place. Also, be sure to mark your calendars for our newly added Zumba Gold and REFIT classes, the Fire Prevention and Safety presentation, our 'ASH BOO' Costume Party and all the other engaging activities we offer.







## Party, Party, Party!

At the Ashburn Senior Center we know how to throw a party! Whether our members are singing the national anthem of India, doing the limbo or Hokey Pokey or just moving and grooving, we always have a good time. These pictures are from our Monthly Birthday Bash and Labor Day Beach Jam. Shout out to our DJ, Diana from Bach 2 Rock! Join us for our 'ASH BOO' Costume Party and have some fun!



**ASHBURN  
SENIOR CENTER**

*Newsletter*



## Pickleball Schedule

The pickleball schedule is now separate from the daily activity calendar. Hopefully this will be easier to note the times of play. Please pay attention to the beginner, intermediate and advanced player designations. Also, please be advised that on **Thursday, October 14th Intermediate & Advanced Open Court from 9-1 pm is cancelled and Pickleball Instruction is moved to 1:30-2:30 pm due to the Fall Festival.** Thank you for your understanding and cooperation.

## Paint & Sip

Our Assistant Manager, Aristotle Porras, is hesitant to admit it, but he is an artist. He leads our Paint & Sip classes on the last Tuesday of each month. The participants walk away learning about depth, perception and other painting basics. Also, they leave with smiles on their faces from listening to Aris' jokes. This month the class will paint dotted fall mountains. Sign up at the front desk. There is a \$5 supply fee.



## Life-Long Learning: Big History

The Ashburn Senior Center will have its first weekly Lifelong Learning meeting on Wednesday October 6 from 2-3:30 PM. The first topic will be "Big History" which examines our past, explains our present and imagines our future. It's a story about us. An idea that arose from a desire to go beyond specialized and self-contained fields of study to grasp history as a whole. This growing, multi-disciplinary approach is designed for anyone seeking answers to the big questions about the history of our Universe. The Big History Project is a joint effort between teachers, scholars, scientists, and their supporters to bring a multi-disciplinary approach to knowledge to lifelong learners around the world. To plan seating, please sign-up for the first Lifelong Learning meeting at the front desk.





## Beginner Chess

Join us for Beginner Chess on Fridays at 10 am. Whether you are a true beginner or just a little rusty, our Assistant Manager, Aristotle Porras, will help teach you the skills necessary to make all the right moves!

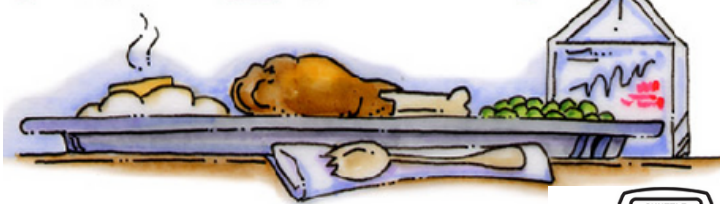
## Newsletter & Flyers

Please note that all programs are subject to change based on the needs and desires of the members and scheduling and space concerns. Flyers will be used to announce new classes not listed in the newsletter.

Also, please check the agenda by the front door for any room, time or other changes.



## Hot Lunch



### For Home-Delivered Meals

\*Must be eligible to receive  
Home Delivered Meals

for more information, call **Debra Mobley**  
at **703-771-5012**



## Ashburn Senior Center Lunch & Transportation Service

Please call or sign-up at the front desk 24  
hours in advance for lunch and bus  
reservations. **571.367.8340**

Under 60 years old must pay \$4.00 for their lunch.  
Persons 60 years and older, we  
encourage you to make a donation in the lunchbox  
on the counter.

# ASHBURN SENIOR CENTER

Newsletter





# Activities

## FRIDAY

**10/1**

10 AM

Current Events  
Discussion

Bring an article to share  
(ART116)

10-11 AM

Beginner Chess  
(CLUB)

10 AM

Creative Corner:  
Cork Apples  
(ART115)

10 AM

Intermediate Line  
Dance  
(DAN)

**10:30 AM**

**Lunch Bunch:**  
**Texas Roadhouse**  
Sign up at front desk  
\$1 Bus Fare  
(LOB)

**12 PM LUNCH**  
**(Multi1&2)**

1 PM

Music in Motion  
Video based exercise  
(DAN)

1:30-4:30 PM

O'Heck  
(ART115)

2 PM

Creative Corner:  
Cork Apples  
(ART116)



## Schedule

### Monday

12-4:30 PM

Intermediate & Advanced Open Court  
(Multi3)

### Tuesday

2-4:30 PM

Beginner Open Court  
(Multi3)

### Wednesday

9-12 PM

Beginner Open Court  
(Multi3)

12-4:30 PM

Intermediate & Advanced Open Court  
(Multi3)

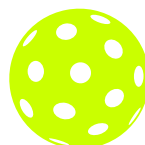
### Thursday

9-1 PM

Intermediate & Advanced Open Court  
(Multi3)

1-2 PM

Pickleball  
Instruction  
(Multi3)



2-4:30 PM

Beginner Open Court  
(Multi3)

### Friday

9-11 AM

Beginner Open Court  
(Multi3)

11-4:30 PM

Intermediate & Advanced Open Court  
(Multi3)

2-4:30 PM

Intermediate & Advanced Open Court  
(Multi1&2)

### ROOM KEY

- Lobby-LOB
- Dance Studio- DAN
- Wellness Room-WELL
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART115
- Art Classroom 116- ART116
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

## Saturday Schedule

Hours: 8 AM- 12 PM

**NO transportation or lunch is available.**

8-11:30 AM

Games  
(CLUB)

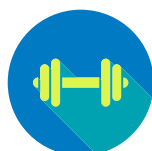


8-10:30 AM

Open Billiards  
(GAM)

10:30 AM

October 9th (2nd Saturday)  
Ashburn Classics Open House  
(Multi1)



10:30-11:30 AM

Billiards Club  
(GAM)



8-10 AM

Beginner Pickleball Open Court  
(Multi1&2)

8-11:30 AM

Intermediate & Advanced Pickleball Open Court  
(Multi3)

8-11:30 AM

Fitness & Computer Rooms Open





# Activities

## MONDAY

**10/4**

9-11 AM  
Ping Pong  
(Multi2)

**10 AM**  
**Zumba Gold**  
**Fee based class**  
**Registration Required**  
**(DAN)**

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

**12 PM LUNCH**  
**(Multi1&2)**

12-1 PM  
Intro Line Dancing  
Limit 20  
First come, first serve  
(DAN)

12:30-1:45 PM  
BINGO!  
\$.50/card  
(ART115)

1-2 PM  
Ukulele Instruction  
Sign up at front desk  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
(Multi1&2)  
Limit 30  
First come, first serve

## TUESDAY

**10/5**

10 AM  
Strength, Core &  
Balance  
Video based exercise  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

**12 PM LUNCH**  
**(Multi1&2)**

12-2 PM  
Badminton  
(Multi3)

**1-2 PM**  
**Spanish Instruction**  
**Fee based class**  
**Registration Required**  
**(ART116)**

1:30-4:30 PM  
Mahjong  
(Multi2)

## WEDNESDAY

**10/6**

9-11 AM  
Ping Pong  
(Multi2)

10-11 AM  
Tech Time: Microsoft  
Office Tools: Word, Excel,  
PowerPoint  
(COMP)

10-11:30 AM  
Canasta & Mexican Train  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

**12 PM LUNCH**  
**(Multi1&2)**

**12:30-1:30 PM**  
**Lunch & Learn:**  
**Seven Steps for**  
**Shopping & Eating**  
**(Multi1&2)**

1 PM  
Sit & Fit  
Video based seated  
exercise  
(DAN)

1:30-4:30 PM  
Poker  
(ART115)

2-3:30 PM  
Life-Long Learning:  
Big History  
(Multi1)

## THURSDAY

**10/7**

9 AM  
Walking Club  
(LOB)

10 AM  
Conversational  
Spanish  
(ART116)

**10 AM**  
**Shopping Spree:**  
**Lidl**  
Sign up at front desk  
\$1 Bus Fare  
(LOB)

11 AM  
Chinese Folk Dance  
Guided exercise  
w/limited verbal  
instruction (DAN)

11 AM  
Gardening Club  
(ART115)

**11:30-12:30 PM**  
**Browsing Library**  
**(LOB)**

**12 PM LUNCH**  
**(Multi1&2)**

**1 PM**  
**REFIT**  
**Fee based class**  
**Registration Required**  
**Combo of strength,**  
**core, balance, boxing**  
**& cardio**  
**(DAN)**

1:30-4:30 PM  
Party Bridge  
(Multi2)

## FRIDAY

**10/8**

10 AM  
Current Events  
Discussion

Bring an article to  
share  
(ART116)

10-11 AM  
Beginner Chess  
(CLUB)

**10 AM**  
**Out on the Town:**  
**COX Farms**  
**Fall Festival**  
Sign up at front desk  
\$1 Bus Fare & \$11  
Admission to Farm  
(LOB)

10 AM  
Intermediate Line  
Dance  
(DAN)

**12 PM LUNCH**  
**(Multi1&2)**

1 PM  
Music in Motion  
Video based exercise  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)







## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

10/11

10/12

10/13

10/14

10/15

**ASHBURN  
SENIOR  
CENTER  
CLOSED  
FOR**



**INDIGENOUS  
PEOPLES' DAY**



10 AM  
Strength, Core &  
Balance  
Video based exercise  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10:30-11:30 AM  
Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

12 PM LUNCH  
(Multi1&2)

12-2 PM  
Beachball Volleyball  
(Multi3)

1-2 PM  
Spanish Instruction  
Fee based class  
Registration Required  
(ART116)

1:30-4:30 PM  
Mahjong  
(Multi2)

9-11 AM  
Ping Pong  
(Multi2)  
10-11 AM  
Tech Time: Drop-in  
Consulting  
(COMP)

10-11:30 AM  
Canasta & Mexican  
Train  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

12 PM LUNCH  
(Multi1&2)

12:30-1:30 PM  
Lunch & Learn: Fire  
Prevention & Safety  
(Multi1&2)

1 PM  
Sit & Fit  
Video based seated  
exercise  
(DAN)

1:30-4:30 PM  
Poker  
(ART115)

2-3:30 PM  
Life-Long Learning  
(Multi1)

9 AM  
Walking Club  
(LOB)

10 AM  
Conversational  
Spanish  
(ART116)

11-1 PM  
ASC Fall Festival  
Community Partners'  
Day  
(Multi3)

11 AM  
Chinese Folk Dance  
Guided exercise  
w/limited verbal  
instruction (DAN)

11 AM  
Gardening Club  
(ART115)

12 PM LUNCH  
(Multi1&2)

1 PM  
REFIT  
Fee based class  
Registration Required  
Combo of strength,  
core, balance, boxing  
& cardio (DAN)

1:30-2:30 PM  
Pickleball Instruction  
(Multi3)

1:30-4:30 PM  
Party Bridge  
(Multi2)

10 AM  
Current Events Discussion  
Bring an article to share  
(ART116)

10 AM  
Beginner Chess  
(CLUB)

10 AM  
Creative Corner:  
Tulle Turkeys  
Sign up at front desk  
\$3 Supply Fee  
(ART115)

10 AM  
Intermediate Line  
Dance  
(DAN)

12 PM LUNCH  
(Multi1&2)

1PM  
'Pink' Tea Party for  
Breast Cancer  
(Multi1&2)

1 PM  
Music in Motion  
Video based exercise  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)

2 PM  
Creative Corner:  
Tulle Turkeys  
Sign up at front desk  
\$3 Supply Fee  
(ART116)







# Activities

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**10/18**

**9-12 PM**

**Sign-Up with Lori Stahl,  
Elder Resource Manager  
(WELL)**

9-11 AM  
Ping Pong  
(Multi2)

**10 AM  
Zumba Gold  
Fee based class  
Registration Required  
(DAN)**

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10:30-11:30 AM  
Yoga  
(Multi3)

**12 PM LUNCH  
(Multi1&2)**

12-1 PM  
Intro Line Dancing  
Limit 20  
First come, first serve  
(DAN)

12:30-1:45 PM  
BINGO!  
\$.50/card  
(ART115)

1-2 PM  
Ukulele Instruction  
Sign up at front desk  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
Limit 30  
First come, first serve  
(Multi1&2)

**10/19**

**10 AM**

Strength, Core &  
Balance  
Video based exercise  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

**10-12 PM  
INOVA Blood  
Pressure Checks  
(WELL)**

10:30-11:30 AM  
Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

**12 PM LUNCH  
(Multi1&2)**

12-2 PM  
Badminton  
(Multi3)

**1-2 PM  
Spanish Instruction  
Fee based class  
Registration Required  
(ART116)**

1:30-4:30 PM  
Mahjong  
(Multi2)

**10/20**

**9-11 AM**

Ping Pong  
(Multi2)

10-11 AM  
Tech Time: iPads &  
iPhones  
(COMP)

10-11:30 AM  
Canasta & Mexican Train  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

**12 PM LUNCH  
(Multi1&2)**

**12:30-1:30 PM  
Lunch & Learn:  
Why Grain Legumes are  
Better for Seniors  
(Multi1&2)**

1 PM  
Sit & Fit  
Video based seated  
exercise  
(DAN)

1:30-4:30 PM  
Poker  
(ART115)

2-3:30 PM  
Life-Long Learning  
(Multi1)



**10/21**

**9 AM**

Walking Club  
(LOB)

10 AM  
Conversational  
Spanish  
(ART116)

**10 AM  
Shopping Spree:  
Walmart  
Sign up at front desk  
\$1 Bus Fare  
(LOB)**

11 AM  
Chinese Folk Dance  
Guided exercise  
w/limited verbal  
instruction (DAN)

11 AM  
Gardening Club  
(ART115)

**12 PM LUNCH  
(Multi1&2)**

**1 PM  
REFIT  
Fee based class  
Registration Required  
Combo of strength,  
core, balance, boxing  
& cardio (DAN)**

1-2 PM  
Pickleball Instruction  
(Multi3)

1:30-4:30 PM  
Party Bridge  
(Multi2)

**10/22**

**10 AM**

Current Events  
Discussion  
Bring an article to  
share  
(ART116)

10-11 AM  
Beginner Chess  
(CLUB)

**10 AM  
Out on the Town:  
Fall Foliage Scenic  
Tour  
Sign up at front desk  
(LOB)**

10 AM  
Intermediate Line  
Dance  
(DAN)

**12 PM LUNCH  
(Multi1&2)**

1 PM  
Music in Motion  
Video based exercise  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)







# Activities

## MONDAY

**10/25**

9-11 AM  
Ping Pong  
(Multi2)

**10 AM**  
**Zumba Gold**  
**Fee based class**  
**Registration Required**  
**(DAN)**

10-11 AM  
BINGO!  
\$.50/card  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10:30-11:30 AM  
Yoga  
(Multi3)

**12 PM LUNCH**  
**(Multi1&2)**

12-1 PM  
Intro Line Dancing  
Limit 20  
First come, first serve  
(DAN)

1-2 PM  
Ukulele Instruction  
Sign up at front desk  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
Limit 30  
First come, first serve  
(Multi1&2)

## TUESDAY

**10/26**

10 AM  
Strength, Core & Balance  
Video based exercise  
(DAN)

10-11 AM  
Memoir Writing  
(Conference Rm)

10-12 PM  
Intro to Sewing  
(ART115)

10:30-11:30 AM  
Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

**12 PM LUNCH**  
**(Multi1&2)**

12-2 PM  
Beachball Volleyball  
(Multi3)

12:30-2 PM  
Paint & Sip:  
Dotted Fall Mountains  
Sign up at front desk  
\$5 Supply Fee  
(ART116)

**1-2 PM**  
**Spanish Instruction**  
**Fee based class**  
**Registration Required**  
**(ART116)**

1:30-4:30 PM  
Mahjong  
(Multi2)

## WEDNESDAY

**10/27**

9-11 AM  
Ping Pong  
(Multi2)

10-11 AM  
Tech Time:  
Drop-in consulting  
(COMP)

10-11:30 AM  
Canasta & Mexican  
Train (Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

**12 PM LUNCH**  
**(Multi1&2)**

**12:30-1:30 PM**  
**Lunch & Learn:**  
**How to Prevent**  
**Holiday Stress**  
**(Multi1&2)**

1 PM  
Sit & Fit  
Video based seated  
exercise  
(DAN)

1:30-4:30 PM  
Poker  
(ART115)

2-3:30 PM  
Life-Long Learning  
(Multi1)

## THURSDAY

**10/28**

9 AM  
Walking Club  
(LOB)

10 AM  
Conversational  
Spanish  
(ART116)

**10 AM**  
**Shopping Spree:**  
**Dulles Town Center**  
**Mall**  
Sign up at front desk  
\$1 Bus Fare  
**(LOB)**

11 AM  
Chinese Folk Dance  
Guided exercise  
w/limited verbal  
instruction (DAN)

11 AM  
Gardening Club  
(ART115)

**12 PM LUNCH**  
**(Multi1&2)**

**1 PM**  
**REFIT**  
**Fee based class**  
**Registration Required**  
**Combo of strength,**  
**core, balance, boxing**  
**& cardio (DAN)**

1-2 PM  
Pickleball Instruction  
(Multi3)

1:30-4:30 PM  
Party Bridge  
(Multi2)

## FRIDAY

**10/29**

10 AM  
Current Events  
Discussion  
Bring an article to  
share  
(ART116)

10 AM  
Beginner Chess  
(CLUB)

10 AM  
Intermediate Line  
Dance  
(DAN)

**11:30-1:30 PM**  
**'ASH BOO'**  
**Costume Party**  
\$2 Suggested  
Donation  
**(Multi1&2)**

**12 PM LUNCH**  
**(Multi1&2)**

12:30 PM  
Movie Matinee:  
Young Frankenstein  
(CLUB)

1 PM  
Music in Motion  
Video based exercise  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)





Are you ready to Zumba?

# Zumba Gold & Refit Classes

**Zumba Session 1: Mondays, 10/4-11/29**

**10AM**

**144600-02      \$60 for 8 classes**

**REFIT Session 1: Thursdays, 10/7-11/18**

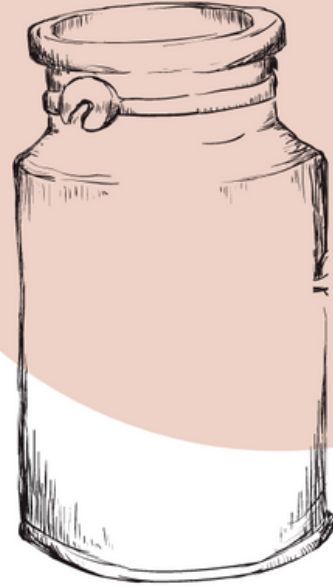
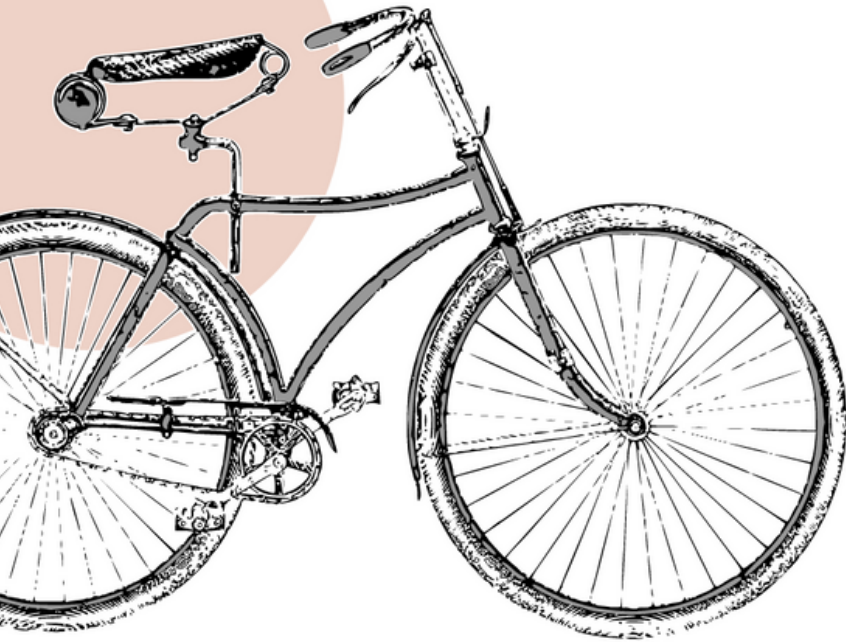
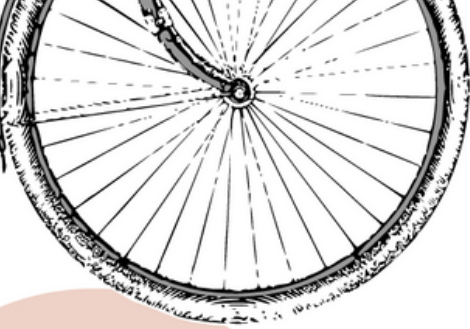
**1PM**

**144600-03      \$40 for 6 classes**



**Sign up at the front desk**





ASHBURN SENIOR CENTER

# SIDEWALK SALE!

Come sell, shop and browse!

*October 16, 2021*

*8:00 am - 12:00 pm*

Table fee is \$10. Please see Michele or Front Desk for more details.



## Loudoun County Area Agency on Aging **VIRTUAL FAMILY CAREGIVER EDUCATION SERIES**

### **HOLIDAYS & DEMENTIA: COPING WITH CHANGES & FAMILY DYNAMICS**

Wednesday, October 20, 2021 • 12 pm – 1 pm EST  
Presented by Rachael Wonderlin, MS, Dementia By Day

**TO REGISTER FOR THIS FREE, VIRTUAL PROGRAM,**  
please send an email to [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov).



*If you require an accommodation for any type of disability in order to participate, please contact 703-771-5698/TTY-711. Three business days advance notice is requested.*



**LIFE-LONG LEARNING**

# BIG HISTORY

**STARTING IN OCTOBER  
WEDNESDAYS 2-3:30 PM**

SIGN UP AT THE FRONT DESK



TECH TIME

# INTRO TO MICROSOFT OFFICE

SATURDAY, OCTOBER 9TH  
10:00-11:00 AM



LEARN WORD, POWERPOINT AND EXCEL



# Medicare Open Enrollment

October 15 - December 7

**We can help find:**

- Better coverage
- Lower copays
- Lower plan premiums



## Loudoun County VICAP Free, Unbiased Medicare Counseling

Send us your Medicare Part D Worksheet for an analysis of your prescription insurance options in 2022.

**Worksheets are available:**

- At Loudoun County Senior Centers
- Online at [www.loudoun.gov/aaa](http://www.loudoun.gov/aaa)
- By calling 703-737-8036



# YOUR *Staff*



*Ceola Grant*  
Manager



*Aristotle Porras*  
Assistant Manager



*Michele Ferris*  
Recreation  
Programmer



*Melissa Flores*  
Café Supervisor



*Tatiana Holmes*  
Customer Service



*Lori Stahl*  
Elder Resources  
Case Manager



*Justin Baer*  
Vehicle Operator



*Terri Moore*  
Vehicle Operator



**Ashburn Senior Center**  
20880 Marblehead Drive  
Ashburn, VA 20147  
571.367.8340  
Area Agency on Aging